



"Experience the Energy"

Laughter

For The Health of it

**Tuesday,
September 25**



**10:00 –
11:00 a.m.**

Creating Healthy Lifestyles through Laughter"

Facilitated By Tevor Smith, B.A., M.A., M.Ed., CLL
Blue Sky Consulting - Springfield, Massachusetts



This innovative health and wellness workshop is designed to keep people happy, healthy and productive. As a combination of physical and mental action-oriented activities, Laughter Wellness is a powerful tool to:

Reduce Stress
Promote Group Cohesion Trust
Increase Energy
Build Positive Social Connections

Lower Blood Pressure and Heart Rate
Provide Superior Cardiovascular Workout
Reduce Negative Behaviors and Attitudes

This will be a structured, experiential and highly interactive program that promises to create enjoyment and camaraderie. Trevor will provide all equipment/materials. Participants will be taught self-care strategies for healthy behaviors in daily life.

Mr. Smith, the Founder of Blue Sky Consulting, worked for 15 years as a Therapeutic Recreation Specialist and mental health practitioner. He is a Certified Laughter Leader as well as Certified Laughter Yoga Leader. He has had rave reviews from senior centers in both Connecticut and Massachusetts and we welcome him to Elmwood Senior Center to "Experience the Energy"!

Co-Sponsor:

Heart healthy snacks/beverages will be served.

COST: \$3 (M), \$5 (NM)

Pre-Registration Required by Monday, September 25.

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